

ABSTRACT

The present invention relates to a food composition preferably for changing body composition and/or physical work capacity. The invention further provides a method of improving body composition and/or physical work capacity. In an aspect of the present invention there is provided a food composition for use in changing the body composition and/or physical work capacity, said food composition including colostrum. In a preferred aspect there is provided a food composition for use in changing the body composition and/or physical factors maintained therein following fractionation of the colostrum. The food composition may additionally include casein. Preferably the casein is colostrum-derived and is maintained in the colostrum fraction following processing of the colostrum.

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